

Frittata medley mix

5 **10**

min **min**

Preparation
Time

Cooking
Time



Ingredients	
Free Range Egg whites (6 large)	1 cup
free range eggs	2
Salt	1 pinch
Pepper	1 pinch
Olive oil cooking spray	
Spinach	2 cups
Pumpkin seeds	¼ cup
Broccoli florets (small)	¼ cup
Peas (frozen or canned)	¼ cup
Courgette(small diced)	¼ cup
Green onions(small diced)	¼ cup
Garlic (minced)	2 tsp
Low-fat feta cheese (crumbled)	½ cup
Turkey ham deli meat (large diced)	4 oz

Nutritional Information		
(per serving)	large	small
Calories (k/cal)	467.9	234.0
Fat (g)	25.3	12.7
Saturated (g)	8.9	4.5
Monounsaturated (g)	7.7	3.9
Polyunsaturated (g)	7.9	4.0
omega - 3 (g)	0.6	0.1
omega - 6 (g)	6.2	3.1
Carbohydrates (g)	12.6	6.3
fibre(g)	3.6	1.8
sugars (g)	3.5	1.8
protein (g)	47.4	23.7

Instructions

Whisk egg whites, eggs, salt and pepper together in a mixing bowl. Preheat a large non-stick frying pan (with a heat resistant handle) on medium heat. Lightly coat with spray. Add spinach and sauté for 10-30 seconds, stirring frequently. Add the pumpkin seeds, broccoli, peas, courgette, onion and garlic. Sauté for 1 minute. Evenly pour the egg mixture over the vegetables in the pan. Cook for a couple of minutes until the top of mixture begins to bubble. Evenly spread the cheese and ham on top of the frittata. Turn over grill. Place pan in oven grill until egg is cooked (approximately 2-5 minutes). Remove from oven, place onto a plate and serve.

Serves 4 large or 8 small

Variation and Options

PW option: Add a slice of toasted Rye bread to the meal for extra carbohydrate portion if required. **For veggie variety, substitute the vegetables in this recipe with your favourites or whatever is in season.** For a different spice combination, try adding 1/4 tsp of chilli powder, ½ tsp of cumin, ½ tsp of salt and a pinch of pepper before whisking the egg mixture.